



June 2004

Facets

FOR WOMEN

food bites

love your skin

heavy metal

Art review of the new
gallery in Gilbert

Dr. Charles Love does
dermatology the safe way

Facets

FOR WOMEN

The Tribune
317 5th Street
Ames, Iowa
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Cindy Pashen

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WELCOME TO

Facets

the Ames Tribune's new monthly magazine for women.

We are creating a magazine devoted to the interests of women here in Central Iowa. Women who work at balancing their families and careers, making our city a welcoming community at all different stages in their lives. Each month we hope to bring you a person who is contributing in her own special way. Ames is chockablock full, just look around you.

This month features the Library Foundation's Cindy Paschen, an Ames native who you will agree is a perfect fit for the job.

In addition, you'll meet Charles Love, a dermatologist who practices the latest in safe skin care.

Art lovers will meet some local folks with the talent to design and bend heavy metal.

Plus the most chic place to see and be seen, the Stomping Ground is our little bit of Paris, minus the smell of Gauloises.

Our inside regular features will contain columns about personal finance for women, and of course food.

Janet Klaas writes our book

section. Librarian extraordinaire, Janet is the most well read woman I know.

Each month, Hue and Cry will explore issues affecting women in Mid-Iowa and beyond. Read, react and reach out to make a change!

Heidi Marttila Losure will be our monthly columnist of Hue and Cry. Each month, Hue and Cry will explore issues affecting women in Mid-Iowa and beyond. Read, react and reach out to make a change!

For our back page, I invite all essayists to submit an offering for "Your Say."

This month's essay comes from new mother Rebecca Petersen, a staff writer here at

the Tribune. She shares her hilarious thoughts about the color pink.

We want to have input from you about what you would like to see in these pages. Please join us in creating and highlighting our community. Whether you have a fridge worthy saying or a comment on something important to you, share it with us. Nothing in life is static; we are constantly evolving, growing, changing. Here is your chance to make Ames sparkle.

Frances Wilke
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WHAT DO WE READ NEXT?

Suggestions for Book Groups

By Janet E. Klaas

Over the years I have developed fairly firm ideas about what makes a good "discussion" book. This column will allow me to share those ideas with you each month.

I currently belong to two book groups. The first group, which we actually call *The Book Group*, began in June of 1981—that translates into a book list of 276 titles (one a month for 23 years, yikes!). My second group, I joined only three and a half years ago. Both groups are made up entirely of women. This actually seems to be the most popular type of reading group, though there are also men's groups, mixed gender groups, and couples groups.

My two groups operate under different guidelines. (That's a good thing for me—why would I want two groups just alike?) The Book Group's evolved into these simple procedures: There are twelve members and we meet at a different house each month. The woman at whose house we meet picks out the book to be read in the following month and actually buys and distributes copies to everyone. This means that the book has to be

available as a paperback or a cheap (i.e. "remaindered") hardcover so that the initial outlay of money is not too great for the purchaser. Everyone then buys her own copy from the purchaser. When this group began, we had another method; we spent the latter part of each meeting discussing what we should read next. It seemed to take forever and often the person with the strongest opinions picked the next read. To give everyone a chance, we adopted our rotation method; and it has worked well for us.

At our monthly meeting we actually talk a lot about the book. This may seem like a given for a book group; but I have heard of many groups that do not do this. It does seem that lately, what with so many Ames, national, and world issues, we do spend more and more time focusing on riots, housing occupancies, malls, elections, and war. Sometimes, we have chosen books that reflect our concerns.

My other group has been a club since 1936 (no original members, but some who have been members for decades). It

began as a university women's book group. Its method of operation is this: At the beginning of each season (the group meets from September through May) each of its sixteen members contributes a personal copy of a book to a sort of traveling library. Anyone interested in any of the books can take one or more books home to read. Every month one or two members present a rather detailed report on the author and background of her chosen book. This seems to be an ideal situation because a member can read anywhere from one to sixteen books depending on interest and time.

I believe the best books for discussion should have two qualities. They need to be enjoyable, "meaty" reads, and they need to have something to talk about. This goes for both fiction and non-fiction. Good

stories are great for the solitary experience, but a beautifully crafted, interesting story may not be suitable for a book discussion. The best discussions come from interesting content, but also from some level of disagreement. If everyone loves a certain novel, it doesn't leave much to talk about. Of course, in the case of my book group that has one or two presenters a month, "discuss-ability" is not so important an issue.

I have been asked to present each month in this column a selection of books that I feel would be of interest to book group readers. Because this is the first of this series and I felt the need to tell you about my own book group experiences, I will keep this initial selection to two titles. In the following months, I will describe four or five books that I think your groups might enjoy.

Bombay Time; A Novel, by Thrity Umrigar, 2001.

This first-time novel is about the Parsi community in Mumbai (Bombay). The Parsi moved to India from Iran hundreds of years ago and became financially very successful. They maintained their Zoroastrian religion and Persian culture amidst the dominant Hindu and Muslim population of Mumbai. The novel is the story of the men and women of Wadia Baug, a small ethnic enclave whose residents have all grown up and grown old together. The Parsi's affluence and cultural orientation make them stand out in a city of mass poverty. Tensions abound both inside and out of the community. Ms. Umrigar, a Parsi who grew up in Bombay, now lives in Akron, Ohio, where she writes for the *Beacon Journal*.

The Time Machine, by H. G. Wells, 1895.

I have just recently re-read this classic work of science fiction (though the name of that genre wasn't used until 1929 and Wells's novels were called "scientific romances"). It is a wonderful idea book. The construction of the time machine is completely ridiculous, but time travel allows Wells to metaphorically examine what he considers to be serious problems in his contemporary industrial society and to speculate about what might happen if things continued to evolve without a major paradigm shift. Much of what he has to say still has relevance in 2004.

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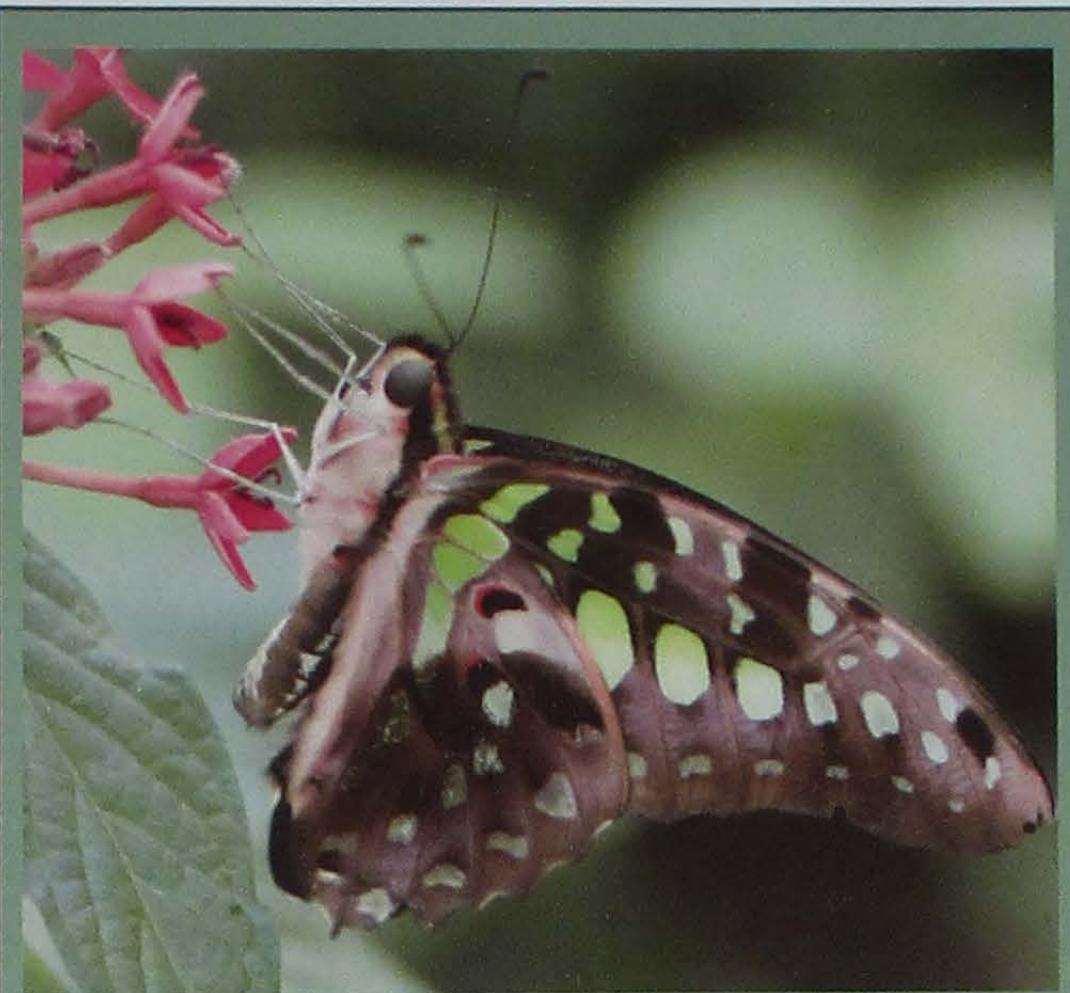


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Exotic GERANIUMS Attract Attention

Linda Naeve
*Extension Coordinator,
Reiman Gardens*

Roses and geraniums are two garden plants that are so common nearly anyone can identify them. Geraniums are popular annuals because their blooms are large and showy and they grow well in containers, window boxes and gardens. They are compatible with almost any plant and add a bold, colorful accent. However, when veteran gardeners are surveyed on their opinion of geraniums, responses will likely include respect and appreciation along with mundane and boring.

This week's Reiman's Pick, "exotic" geraniums, brings new excitement to a familiar plant. These new varieties give gardeners a different version of the same plant, kind of like remodeling or redecorating an old house. The term "exotic" has nothing to do with their origin or rarity, but describes a group of geraniums that exhibit unique characteristics.

There are five basic types of annual geraniums that belong to the *Pelargonium* genus - zonal, fancy-leaved, ivy, and Martha Washington or regal. Exotic geraniums are zonal and fancy-leaved varieties that have unique foliage and flowers.

Zonal geraniums, *Pelargonium hortorum*, are named for the interesting "zoned" markings on their leaves. They are the most popular type of geranium with their round flower clusters that bloom in a wide

variety of colors, ranging from white to orange to dark red and various shades in between. Some varieties are dwarf while others grow tall enough to be trained into 4-foot blooming pillars.

Fancy-leaved geraniums have beautiful patterned leaves or unusual leaf shapes.

Ivy geraniums, *Pelargonium peltatum*, are named for their ivy-shaped leaves and trailing growth habit. They have delicate, airy flower clusters that cover the plants like colorful clouds of smoke.

Scented geraniums, such as *Pelargonium fragrans*, *P. graveolens*, *P. tomentosum*, are grown for their fragrant leaves with such scents as lemon, peppermint, nutmeg, apple, and rose.

Martha Washington or regal geraniums, *Pelargonium domesticum*, make decorative houseplants with their large colorful, flowers and may be mistaken as exotic varieties. Unfortunately, its need for cool growing conditions to bloom makes this geranium a poor choice for Iowa gardens.

A few plant companies specialize in breeding exotic geranium varieties. 'Tricolor', developed by Fischer USA, has red, green, and yellow zonal bands encircling the round leaves and bright red flowers. Their 'Happy Orange', 'Happy Violet' and 'White Glitter' geraniums combine lobed, fan-shaped leaves with large clusters of star-shaped florets.

The variegated foliage on some of

the exotic geraniums, such as 'Pink Happy Thought' (green margins with yellow centers), and 'Frank Headley' (green with irregular white margins), provide great color contrast and mounded form when combined with other annuals in pots and planters.

Although they are unusual and referred to as "exotic", these geraniums are not difficult to grow. They are durable in the landscape and have good heat tolerance. Plant them where they will receive 4 or more hours of sunlight per day and remove spent flowers for continuous bloom. Keep the soil moderately moist and fertilize with a soluble plant food once a month.

You can see the above-mentioned exotic geranium varieties and others as part of the summer display in the Conservatory at Reiman Gardens. There are all types, colors and forms on exhibit, along with several tall-growing geranium pillars.



Photo submitted by Reiman Gardens

'Pink Happy Thought' is a beautiful exotic geranium with beautiful pink flower clusters over bold green and yellow variegated foliage.

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LOVE your skin



Dr. Charles Love
Radiant Complexions
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Becky Parrish, nurse practitioner, gently draws her wand across the patient's face using the latest in skincare technology. The patient, Darryl Fales, has come from Urbandale to Ames for her treatment. Darryl is in her late 40s and has slightly uneven color to her pink complexion. She has come in for help with some sun damage caused by a normal childhood in Iowa.

"I was never really a sun worshipper, but time has taken its toll," says Fales.

"Skin care practices have changed dramatically in recent years," says Dr. Charles Love, Becky's overseeing physician and owner of Radiant Complexions Dermatology Clinic in Ames. "We really can make a difference in the appearance of the skin." Radiant Complexions is a medical clinic not a spa or a salon. Its medical staff, led by a certified nurse practitioner, offers quality medical care.

"For some conditions, people benefit from medications as well

Becky Parish
Nurse Practitioner



as surgical treatment such as laser-like pulsed-light devices or microdermabrasion," says Love, "We do both types of care in a medical clinic setting." Radiant Complexions offers treatment for acne, wrinkles, irregular pigmentation, excess body hair, moles, warts and eczema (rashes). People are so busy that it makes sense to meet all of their skin care needs with one-stop convenience.

"Both men and women are coming for treatments," says Love. He admits he too has

had treatments from his nurse practitioner Becky.

In the past, microdermabrasion used particles to gently "sandblast" the surface of the skin. Dr. Love prefers a non-particle exfoliating process that is less irritating and uses a diamond chip wand to do the exfoliating. Dead skin cells are removed, leaving a smoother skin texture. Irregular pigmentation, fine lines and wrinkles are minimized to give the complexion a radiant glow. This procedure is non-invasive which means normal activities

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may be resumed immediately following treatment.

This non-chemical treatment of the skin is a bonus to women who are trying to conceive or are already pregnant. Many products on the market today, both over the counter and prescription, are not recommended for these women due to safety concerns for the developing fetus.

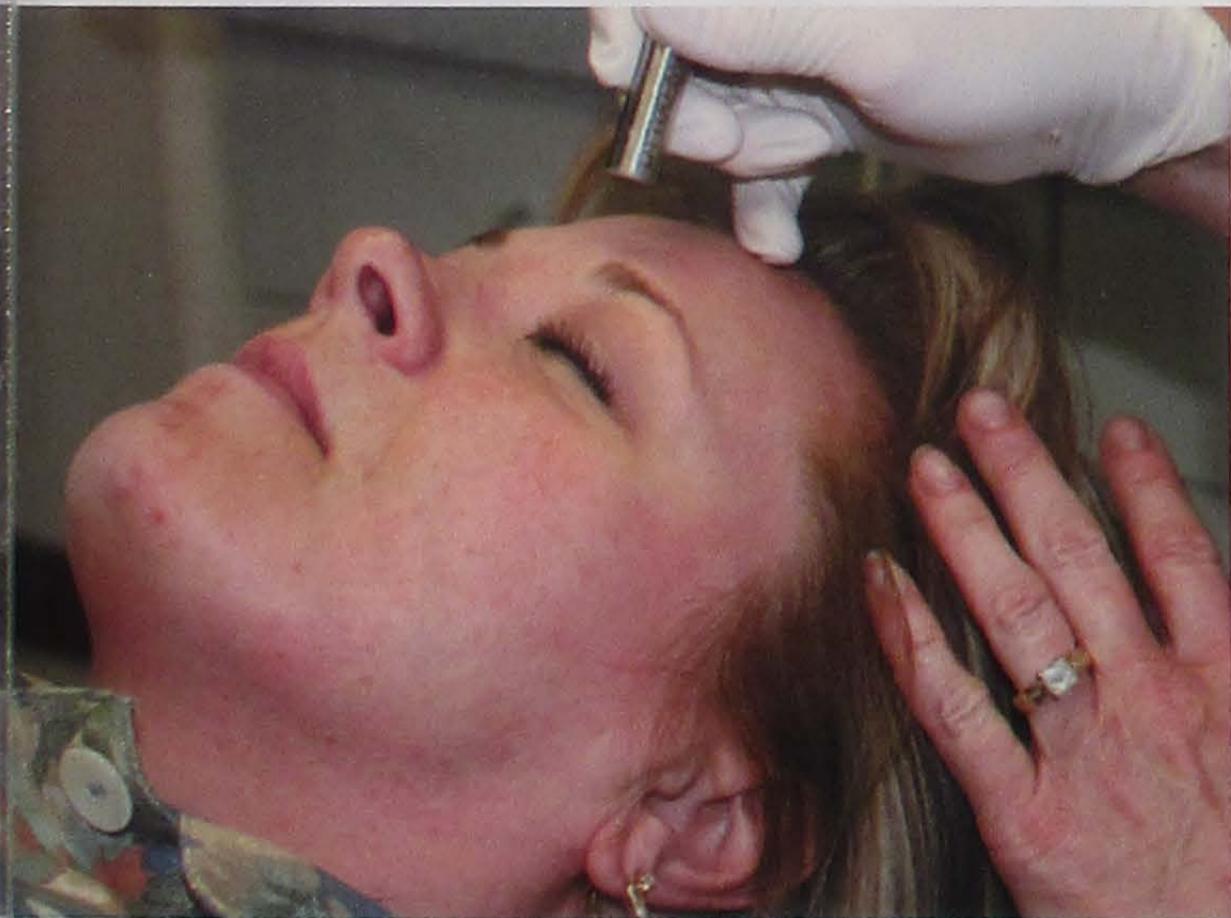
Broken capillaries can also plague aging skin. Extreme cases of facial redness are called rosacea. Dr. Love's nurses use an intense pulsed light treatment that can have some wonderful results. The laser-like light is absorbed by the blood in these small veins, heating and destroying the vessels. Over time, the destroyed veins are absorbed by the body and disappear. Before

treatment, a cold gel is applied to the area to be treated and the patient is required to wear protective eyewear. The device has a smooth crystal surface that is gently applied to the skin, delivering exact pulses of light to the treatment area. This can be somewhat uncomfortable. It feels like a rubber band being snapped on the skin.

Anesthetic cream can be applied before hand, which reduces the discomfort. Treatment sessions can last about 20 minutes and a complete program usually includes several sessions with a week or two between treatments. Patients can return to normal routines with just a slight redness in the area treated.

Patients have been happy with the results.

Darrylinn Fales
Radiant Complexions Patient

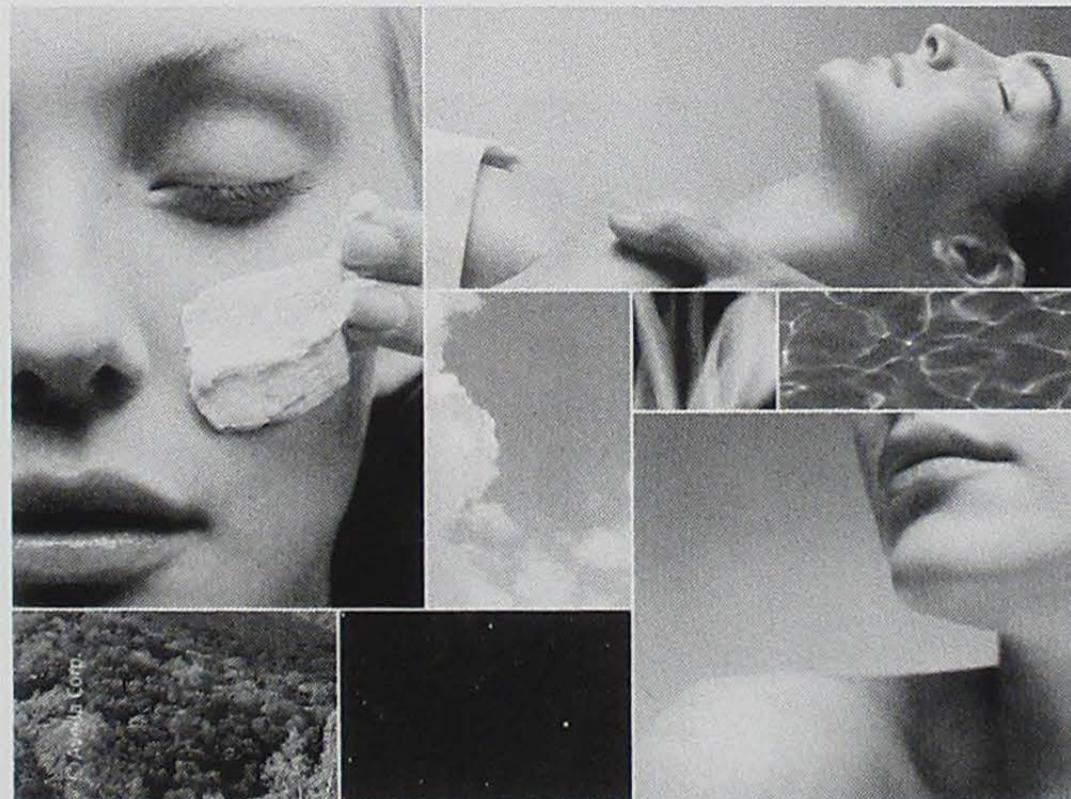


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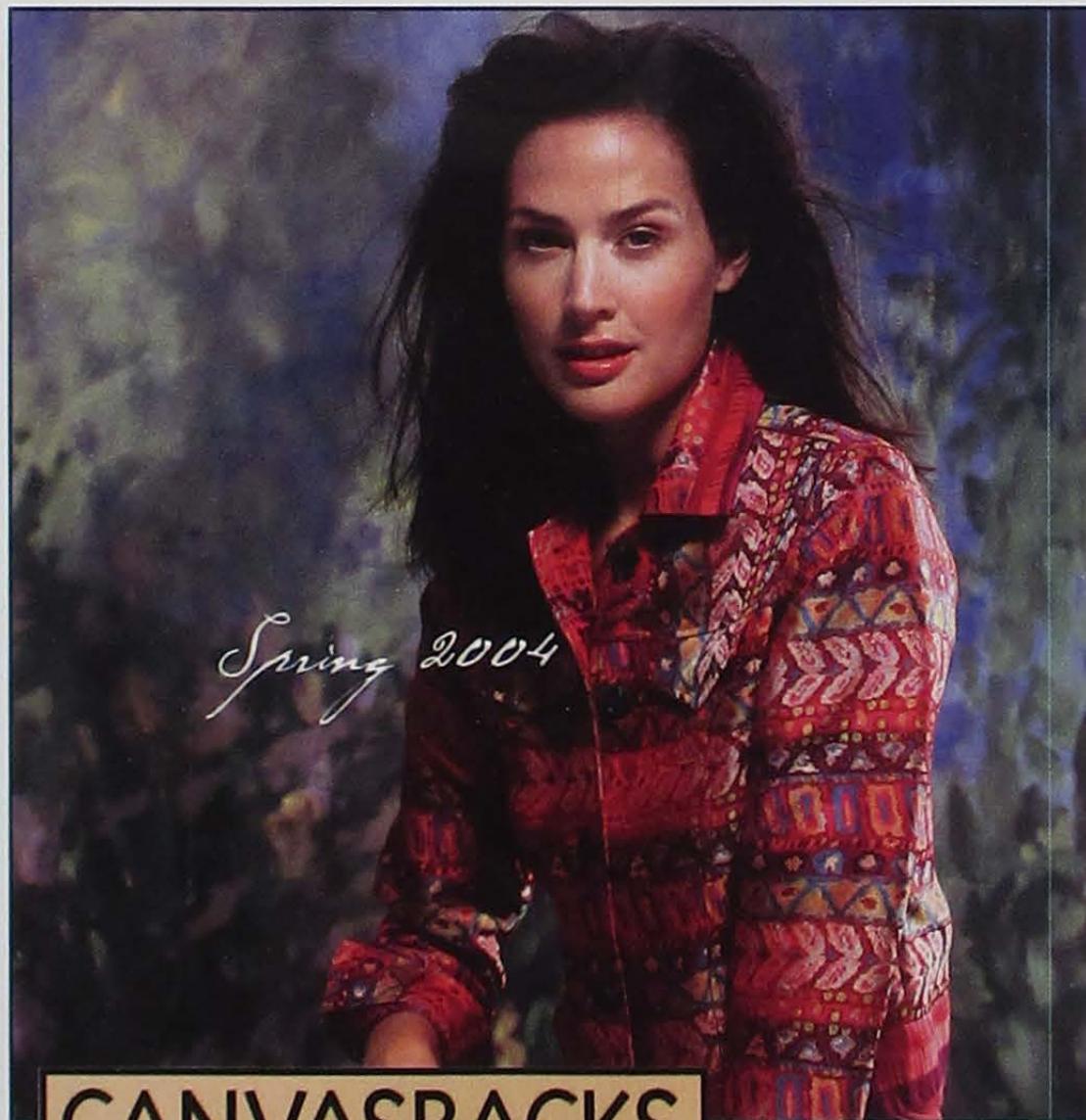
Go and explore the Left Bank. No, not the one in Paris, the one in Gilbert. Artist Jo Myers-Walker has set up a studio and gallery in what used to be the old bank on Main Street. Myers-Walker has been on the local art scene for many years, teaching at ISU and selling her work through galleries nation wide.

Dave Johnson a sculptor from Ames is a part owner of the gallery. His

work is so large, some of his pieces literally hang as a railing for the porch. Color and whimsy with strong graceful lines dominate his work. With a growing trend in "yard art," Johnson's work is very affordable and is miles ahead of what can be had at some local garden stores. Roses or clematis should all have something this beautiful to lean on. Whether painted in wild colors or the bronze or rust look,



Carmen The Dragon
by Dave Johnson



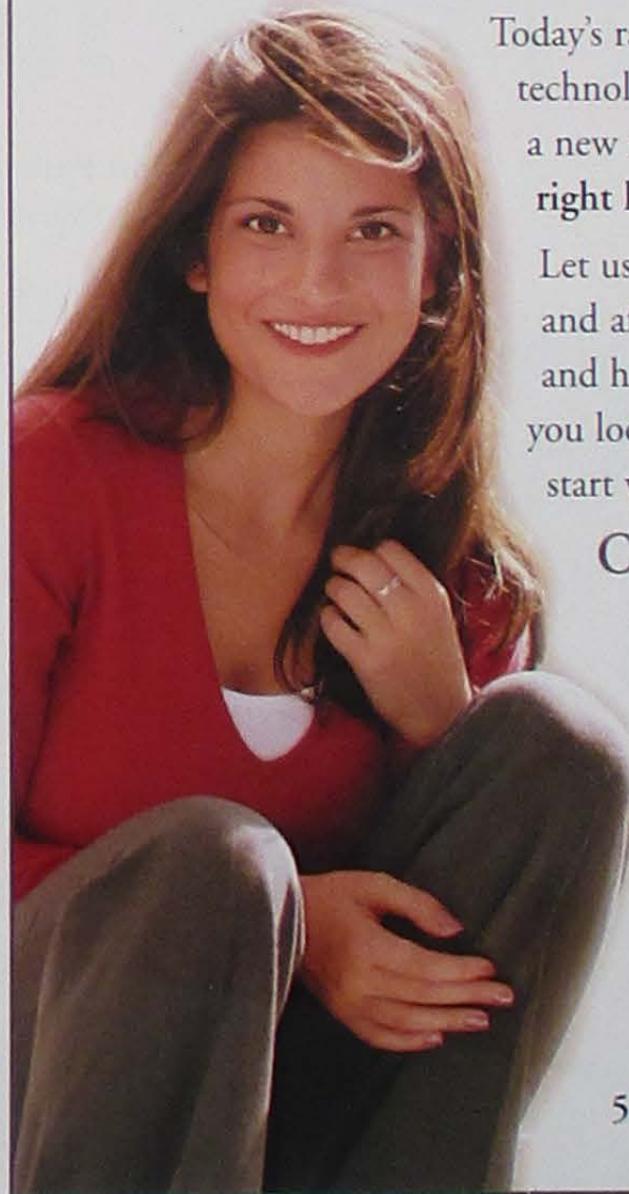
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these pieces already complement quite a few gardens in the Ames area.

Jo and Dave also collaborate with some startling results. Creating from Jo's designs, Dave has made tables and chairs that are beautiful as well as functional. The clear, strong shapes and colors make each of these works, very easy to live with.

Clearly, both artists are enjoying their work and new environment.

"I have seriously considered moving my bed into the vault," says Myers-Walker. "I am here all the time. Guess the saying 'life is short, art is long' rings true for these exceptionally talented people.



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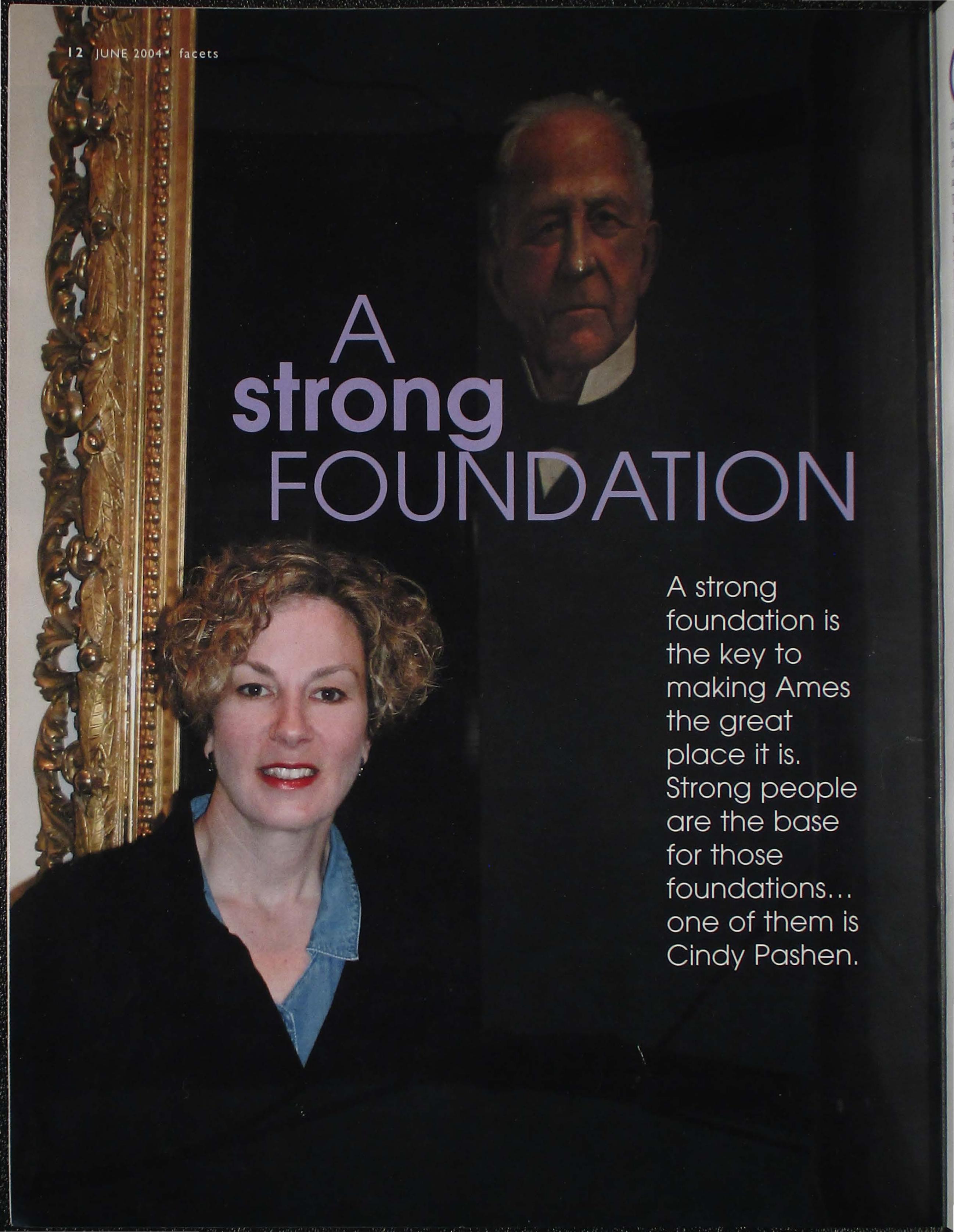


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A strong foundation is the key to making Ames the great place it is. Strong people are the base for those foundations... one of them is Cindy Pashen.

Cindy Paschen has a certain spark that some say makes her perfect to lead the philanthropic arm of the Ames Public Library. Previous jobs include a stint at Youth and Social Services and Iowa State University. Being the mother of two teenaged daughters and having a husband who practices pediatrics at McFarland clinic brings Paschen in touch with many other people in the community. Volunteering at school or with hospice, Paschen has the kind of curriculum vitae that only experience can bring.

"We started the foundation after serving on the library board," says Tom Jackson, "Sylvia McCormick and Karen Van Drie and I felt that the library needed a long range fundraising arm that would not be distracted with the day to day operations." This year the Foundation was doing so much work that a part time position was necessary to do it properly. Luckily, the library has found the perfect supporter and leader of its foundation.

Paschen, a hometown girl, will kick off a quiet and modest campaign to raise \$65,000 for the library this year. No fancy parties or fete-a-thons, just good friends and neighbors asked to help with what she considers Ames's finest asset.

"The foundation supports four main areas," explains Paschen. The physical building, keeping the computers updated, ensuring the collection of the books and periodicals keeps up with wants and needs of its readers and lastly its programs, which offer culturally diverse, visual and musical art opportunities for children and families.

The library along with many other organizations is hobbled with money concerns over escalating costs of new media trends. The lists of unpurchased books lengthen. Many are titles that the Ames Public Library previously used to order without a second thought. Those days are gone.

The Ames Public Library will always be provocative, always educational and will remain the place where there is something for everyone.



Cindy Paschen

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Food Bites

Summer means parties. The barbecue and the warm weather seem to tempt a cook to share a meal. Whether it is a graduation dinner or friends' gathering in town for a wedding, now is the time to feast.

TOMATO AND MOZZARELLA SALAD WITH FRESH BASIL

One standby is a tomato and mozzarella salad with fresh basil and a good olive oil. If you can get it, go for the buffalo mozzarella. A friend once claimed that the difference between buffalo mozzarella and the regular variety was, "it's just a bigger fresh blob," who in the world would be silly enough to milk a buffalo? Well in Italy it is really just that, buffalo's milk. If anyone has found a local producer let me know.

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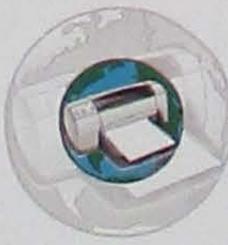
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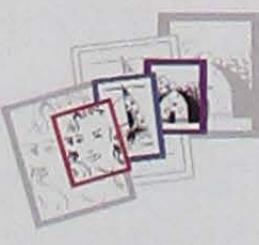
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Easily created summer salad with the added bonus of calcium, it's so good you won't bother making the cabbage version any more.

Buy the broccoli slaw in the bag. Add additional broccoli flowerets for color and texture. Shred a couple of carrots to stretch it further and add some lemon or orange zest. Toss with the standard dressing but expect a completely different salad.

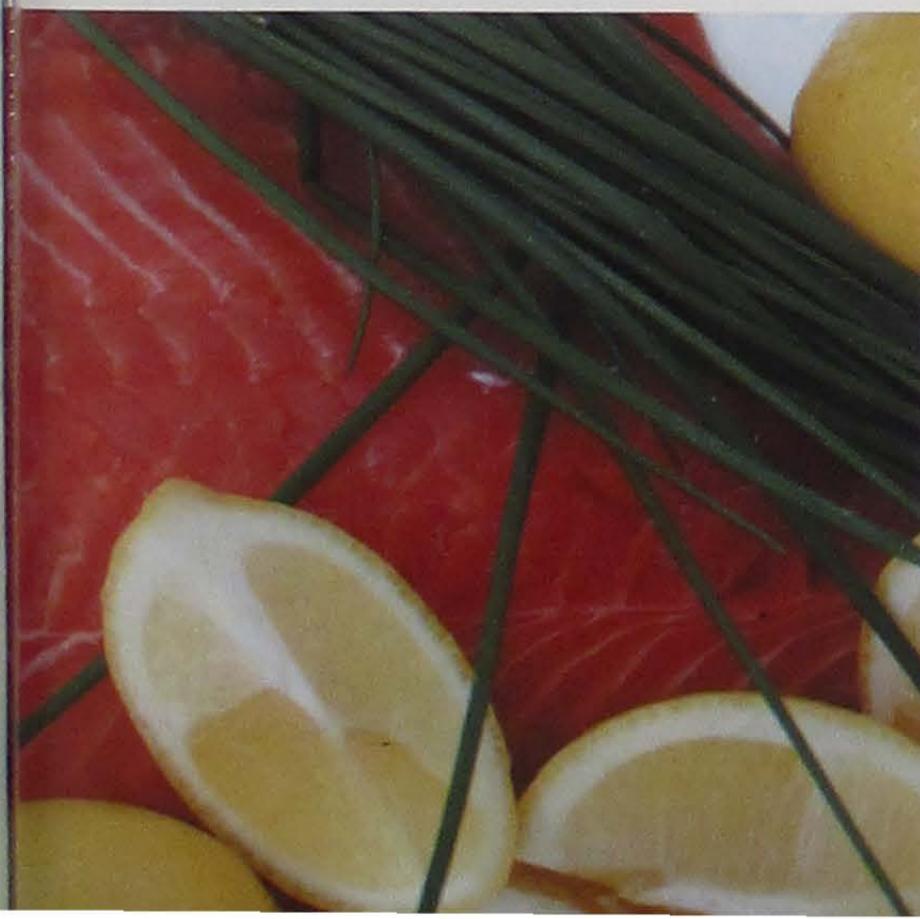


SATAY

Chicken or pork marinated in a ground up mixture of one tablespoon each of the following ingredients: sugar, garlic, chili paste, fresh ginger and two tablespoons of soy sauce. Skewer on bamboo sticks and grill. Use as a quick cooking main course or serve as an appetizer. The easy thing about this dish is the do ahead factor.

SALMON

Salmon done on the grill wrapped in foil is a foolproof way of getting good results with little work. Add sliced lemons and chives for an early summer flavor.



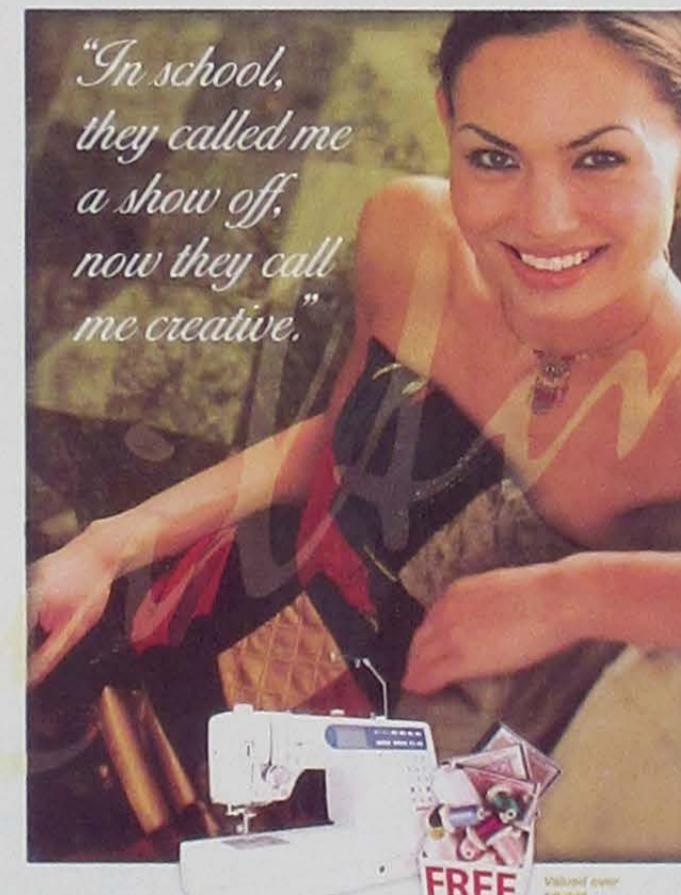
ASPARAGUS

A simple, elegant way to prepare asparagus is on the grill. Falling thru the cracks is a potential hazard. But it's worth it. Add about 2 tbs of oil, salt and crushed garlic to a shallow bowl. Roll cleaned and trimmed asparagus around so that it is completely coated. Set aside and grill while the main meat course is resting. It can be done beforehand if needed. On a low heat turn with tongs until the rich green color comes through. Total cooking time 4 minutes. A slight crunch or bite is ideal. This counts for finger food in my house.

Best bite of all is this local note.

Meat is good for eating and considerably raised pork would make the kindest cut of all. Raised humanely outdoors and fed natural corn and soybeans, this pork is free of growth hormones and antibiotics. It is barbecue season and nothing is better than the other white meat. Use pork raised by local producers who care about the animals and the people who eat them. For more information, call 515-325-6349. Now where are my wood chips?

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Women today have more earning potential and more influence over financial decisions than ever before. Women represent almost half of the workforce, and many businesses are owned or managed by women. Many women influence or control the majority of all consumer purchase decisions and many of the investment decisions. As you can see, it is important for women to focus on finances now more than ever.

Whether you're a business owner, a stay at home mom or working in a corporate environment, learning to manage your money should be a priority. Throughout your life, as a woman, you will be faced with different financial challenges than your male counterparts. If you are going to take control of your financial future, it's important that you recognize those differences and empower yourself.

There are several reasons you should have a financial plan and pay attention to your investments. Let's take a look at some of these reasons:

Longer life expectancy: According to the National Center for Health statistics, women outlive men by an average of seven years. As you live longer, you face more years in retirement and may spend these years alone. You'll

want to make sure that if you should find yourself in this situation, you are confident in your financial knowledge.

Being on your own: You may be on your own at some point in your financial life, whether you're single, divorced or widowed. Experiences like divorce can be an emotional time in your life, so you'll want to make sure you have a solid understanding about your finances in order to know what your next steps should be.

Time spent out of the workforce: Generally speaking, women tend to spend more time away from work than do men, whether caring for children or possibly an elderly parent. Even if you aren't currently in the workforce earning money, it is still important to stay in touch with your finances.

The key to navigating these and other challenges is to have a well-rounded investment plan. The good news is that it's never too early or too late to begin planning for your future. Here are a few steps you can take now to help ensure your financial security.

Determine your financial goals: Make a list of your financial goals including any specific needs your children may have. Once your goals are determined, you should determine the

for Women Investors

steps necessary to achieve these goals. Regardless of what your plan includes, the important thing is to have your goals clearly defined and to identify the right tools to reach them.

Seek the advice of a financial consultant: It is important to find a financial consultant who you feel comfortable with and can trust. By seeking a professional, you won't be giving up your decision-making power,

but enlisting the aid of an expert to provide you with helpful advice on creating a tailored plan for your specific financial situation.

Educate yourself: Many women still make the mistake of shying away from investing, but educating yourself is the best way to learn more about the various vehicles available to you. Keep abreast of your own financial situation as well as

what is happening in the investing world by reading financial news, surfing the Internet and attending personal finance seminars. By learning more about investments, you'll be more comfortable in the financial driver's seat. Again, don't presume women only do finances when divorced or widowed.

Implement your goals: Once you are familiar with investing and have a clear picture of your

financial goals, you can work with your financial consultant to begin implementing your plan. As you take action, keep in mind that you may need to change it in the event of life changes such as marriage, divorce or the birth of a child. It is important to review your financial plan at least once a year in order to keep it fresh and in sync with your lifestyle.

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breaking new GROUNDS . . .

On the south end of Campustown, a small coffee shop has blossomed into a popular and very chic café. Jonathan and Marie-Claude Reed, the owners of Stomping Grounds, have added more than 2,250 square feet to their place on 303 Welch Ave. Ames has been ready and waiting for a place to sit, sip java and listen to jazz indoors or out on the patio. No need for Starbucks, this Ames couple has it covered, thank you very much.



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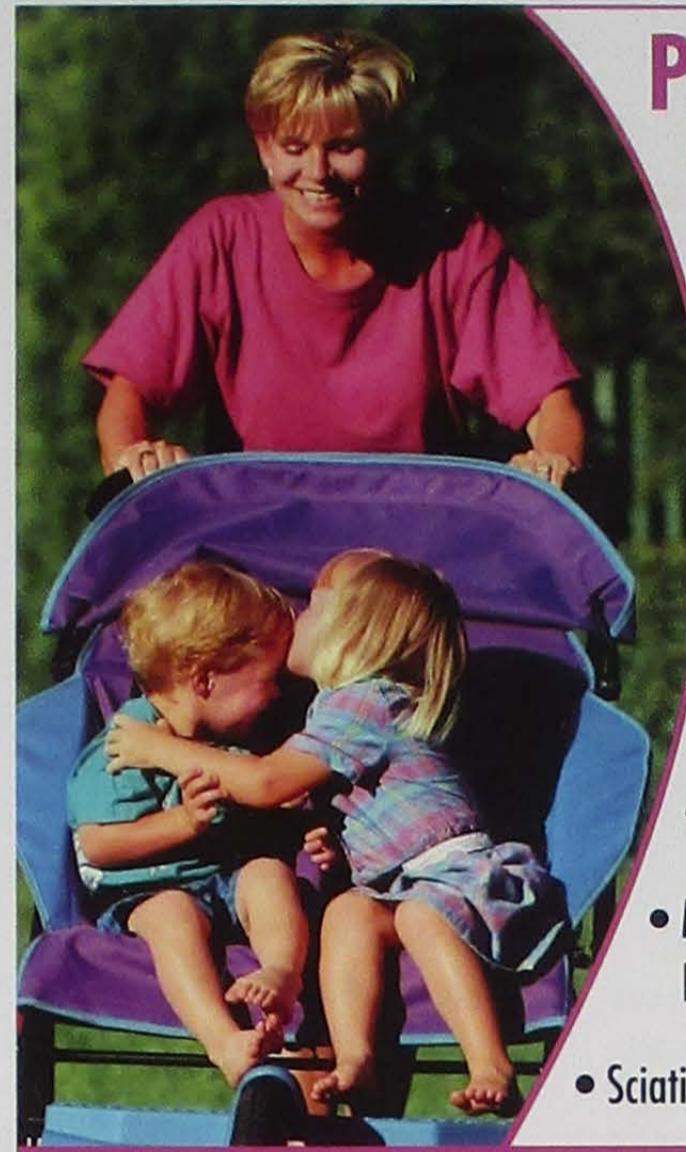
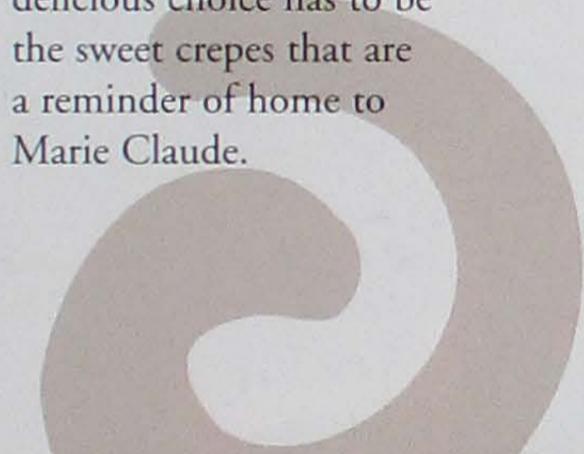


Physically, the new digs have had a makeover from Sam Stagg, 28, a local architecture graduate who is related by marriage to Jonathan. Soft browns and richly toned wooden counters and tables are a treat to the eye as good food is to the mouth.

Marie-Claude, a native of Quebec City, knows her onions so the Stomping Grounds' menu is as delicious as it is hip. Start with a Bruchetta or country pate, light foods perfect for sharing with a special friend or two. Galettes, a French crepe made with buckwheat flour and a mélange of fillings will be a favorite of those who like classical savory fare. Sandwiches vary from a simple egg salad

to a Croque Monsieur (grilled ham and cheese) as well a baguette style treat similar to those found in Paris. Salads, soups and quiches round out the menu.

In addition to a fine assortment of coffee and teas. English, domestic and German beer and wines have been chosen with a discerning palate. Lastly, for those with a sweet tooth and need to indulge, be excited. A variety of pies made in house and cheesecakes by local bakers is very tasty to be sure, but the most delicious choice has to be the sweet crepes that are a reminder of home to Marie Claude.



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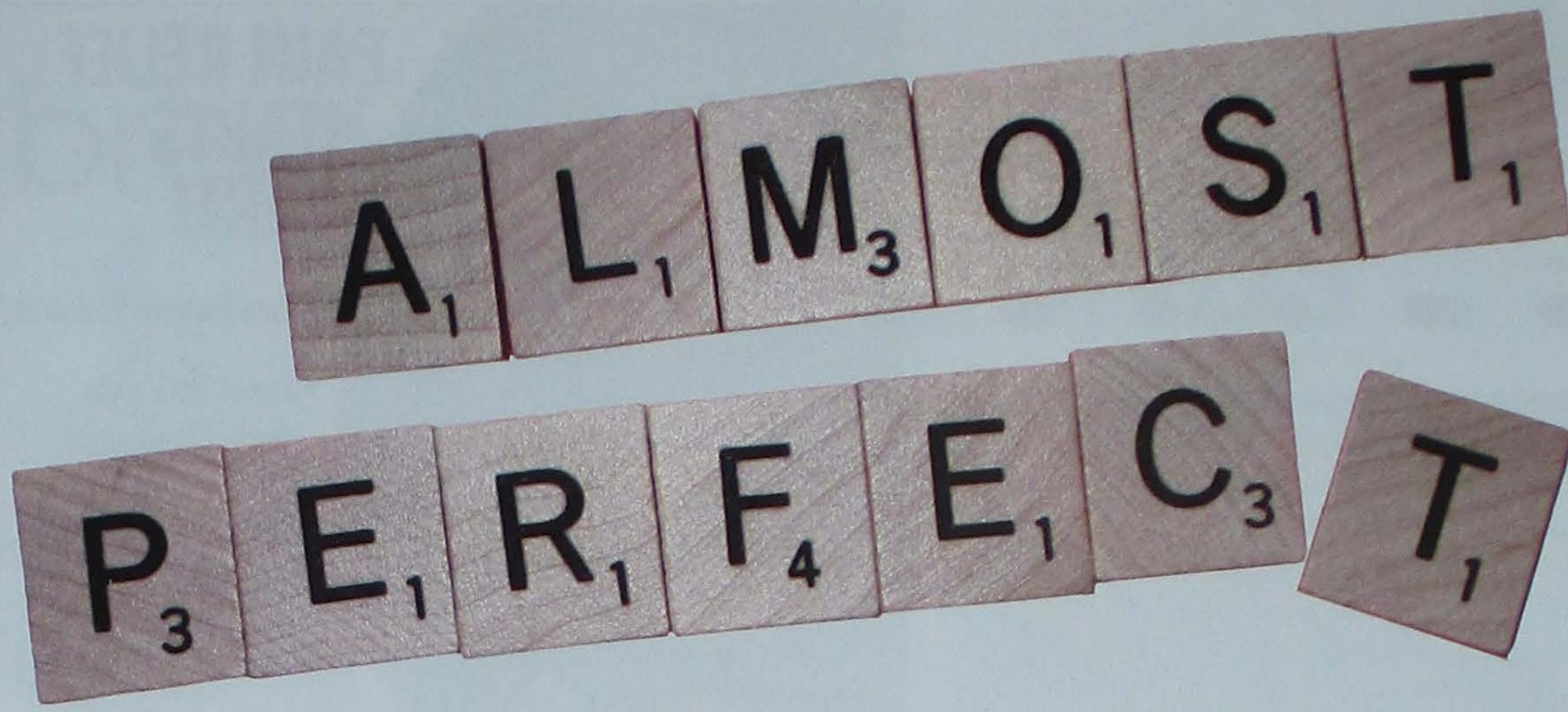
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By Danielle Egan

Jane earns "perfect grades," has a "spotless home," is "perfecting" a "perfect body" and has "wonderful, non-damaging relationships with family and friends." Everything has to be in order and just right in Jane's world. "My perfectionism works wonderfully for me at times," says Jane.

"At other times I feel it driving me into a hole."

It's the kind of hole even Martha Stewart, another alleged perfectionist, couldn't makeover. Jane's closets might be colour-coordinated, but her head's a mess. "My own conscience gets the best of me," she says.

"I'll think that I'm worrying too much, why should it be perfect? Other times I'll think I'm not trying hard enough. Forget giving 100 per cent, I'll give 200 per cent." It's no wonder recent studies show that perfectionism leads to depression, divorce and a slew of health problems like premature

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aging, heart conditions, addictions and suicide. Perfectionists Sylvia Plath and Ernest Hemingway produced great works of art, but depressed, lonely and chronically dissatisfied, they eventually took their own lives. Many are so afraid to fail that they don't even try to strive for their dreams.

"Perfectionists are rarely superstars. They actually create failures," says Dr. Paul L. Hewitt, professor of psychology and head of the University of British Columbia's perfectionist lab. "They tend to self-handicap and procrastinate, such as a writer having severe writer's block and musicians who can't pick up an instrument. Their careers come to a screeching halt."

Thousands of perfectionists have passed through Hewitt's lab since it opened nine years

ago. He has studied perfectionism in cancer patients, procrastinating college students, depressed kids, road-rage-oholics, homeless people, cosmetic surgery candidates and anorexics.

"Who doesn't look at Kate Moss and want to have a body like hers?" wonders Jane. "I know I won't be able to have that lifestyle or those clothes, so I try to perfect my body. I think this will make me happy. I'll be satisfied if I can just get really close to this ideal." So far, Jane is getting no satisfaction—a core perfectionist trait. While high achievers set tangible goals and reward themselves when they reach those objectives, perfectionists keep ratcheting their goals higher or, in Jane's case, the weight goal lower. "I'm anorexic, that's an imperfection," admits Jane. "However,

without it I'll gain weight and not be perfect either."

Body image problems are prevalent among perfectionists of both genders, and perfectionists of all shapes and sizes get caught in vicious circles like this. Workaholics might be on the fast track to corporate success as well as divorce court; others get fired for fixating on minute details and missing deadlines; many scare friends off with their competitiveness, neuroticism or aloofness. "The need to be perfect involves wanting people to care for you, respect you, love you," says Hewitt. "But perfectionists tend to be hostile, distant, guarded, unemotional, lacking in empathy and dissatisfied. The paradox is that their behaviour thwarts the acceptance they crave."

I've always suspected that

braggers, narcissists and people who threw fits when they lost at Monopoly had issues. Now there's proof. "At root, they have a fragile sense of self-esteem," says Hewitt. Everybody has low days but research shows that people with healthy self-esteem manage their issues privately while people with lower self-esteem tend to air their issues in public. And while some aim their self-dissatisfaction inwardly, others fire it out at others with often-nasty criticism.

Even trained professionals are susceptible to the perfectionist's burn. Dr. Natasha Kutlesa recently gathered 30 University of Calgary perfectionists together for group therapy. "I received criticism at the beginning and had a lot of self-doubt," Kutlesa recalls. "Perfectionists may be hostile

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and critical but that's a front that I don't fall for. Internally they're in pain and very sad." The UBC crew had similar problems with its groups and noted that the instigators were generally women.

The trouble usually begins in childhood, and while "the media is a contributing factor," observes Kutlesa, 90 per cent of her volunteers pointed to perfectionist parents who gave "conditional love based on success and approval based solely on performance," or "homes with unpredictable chaos" where physical or verbal abuse and marital discord were to blame. "The kids had to create their own predictability," explains Kutlesa.

Both of Lynne's parents were perfectionists and expected the same from her. "It wasn't an option not to do well in school," says Lynne, 31, who graduated high school second in her class so she wouldn't have to give a speech. "I was rewarded for my accomplishments, but not acknowledged for being worthy as a person. I learned that it was the things I did, rather than me myself, that were good." Offered numerous university scholarships, her parents "pushed" her into studying biology in the hopes she would become a doctor.

Universities, where one contends with making good grades and a new social dynamic, are breeding grounds for perfectionism. Some perfectionists cope by over-achieving. Others, like Lynne, self-sabotage to numb the depression and social anxiety and to create those failures Hewitt mentioned. "Perfectionism freezes me, makes me unable to move forward for fear of screwing up," says Lynne. She became

an alcoholic, dabbled in drugs and 'cutting' (a form of self-mutilation), and then wed her abusive lover. She stayed with him for 10 years while working in a DNA lab "culturing mouse stem cells" and divorced him only after he'd threatened to kill her. She has since been laid off and is now channelling her angst into remodelling her house saying, "I will literally punish myself if it doesn't turn out perfect." Re-decorating isn't quelling Lynne's loneliness. "I wonder if my fear of intimacy will cause me to spend the rest of my life alone."

It's not uncommon for perfectionists to gravitate towards undesirable partners.

Whomever they choose, they can't drop their uncompromising façade and express the vulnerability that's fundamental to bonding. "Beethoven created incredible music," says Hewitt, "but he was depressed and had no intimate relationships. There's a tremendous cost." Some perfectionists direct their fastidiousness at partners with nagging and derisive comments ("You look fat in those trousers").

Meanwhile, studies have found that when women require their husbands to be perfect, it creates more problems than relationships in which men impose unrealistic demands on their wives. Hewitt notes, however, that women who find themselves in the clutches of an exacting partner may just be less apt to complain.

"No one is ever perfect enough," admits Laura, 23, who broke up with two men because they were "terrible" dancers. "Who I date is a reflection of myself. Kind of like clothing. I do not want to

'wear' any socially inept people."

A competitive gymnast as a girl, Laura finished her degree "with perfect scores, before everyone else" and now makes lots of money and travels the world. Yet emotionally, she's trapped inside a 12 year-old who wants to be "the perfect gymnast. I'm never satisfied. I'm perfectly persistent."

Defining perfect is a stumbling block in itself. The dictionary mentions things like 'a faultless diamond' and a 'precise circle,' but the healthiest definition for people is 'very satisfactory.' "Ask yourself these things," says Kutlesa: "Are you happy? Satisfied with achievements? Do you have a level of flexibility

about standards? Are you motivated by the desire to improve your life? Is your goal a pursuit of the ideal self or an avoidance of the feared self?"

"I fear that if I curb my perfectionism, I'll fail," says Jane. But her real fear is "rejection." Face those fears, recommends Hewitt: "One of the most aversive states for a person is to be alienated from other people. It's not about appearance or a job, it's about being connected with others and celebrating intimate relationships."

Danielle Egan is a writer based in Vancouver.



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Hue and cry: Any loud clamor or protest intended to incite others to action.

What happens on Monday after Mother's Day

By Heidi Marttila-Losure

In 1914, the year President Woodrow Wilson signed a proclamation stating that the second Sunday in May would be nationally recognized as Mother's Day, my grandmother was the mother of four girls. And that was just the beginning: She went through 14 pregnancies and reared 11 children into adulthood. She was a Mother with a capital "M."

Living in rural South Dakota, which was then just a few decades past being a territory, I doubt my grandmother even heard about the dedication of a day in her honor. She was, after all, a busy "working mother" – working hard to keep her children happy, healthy and on the straight and narrow.

The modern definition of "working mother" didn't really exist then. There were a few – a very few – professional women, but it was generally understood then that pursuing a career negated the possibility of having children.

But 90 years later, isn't it great that times have changed? Working women can have a successful career, a happy family and an active social life on the side. We can have it all, right?

Well, maybe not. Unfortunately, recent statistics show that we modern women don't have nearly as many choices as we'd like to believe.

It appears having a successful professional life means having a family is often left by the wayside. A 2001 survey by Sylvia Ann Hewlett, the author of "Creating a Life: Professional Women and the Quest for Children, found that 33 percent of the high-achieving professional women questioned were childless at age 40. In corporate America taken alone, that figure rose to 42 percent.

Are we women really no closer to "having it all" than my grandmother was?

The figures are no better in academia. Just 44 percent of tenured women in a recent study were married and had children within 12 years of earning a doctorate, according to an article in the Dec. 5, 2003, issue of

"The Chronicle of Higher Education."

"The average age for receiving a Ph.D. is 33," said Mary Ann Mason, the director of the study. "Many professors do not secure tenure under the age of 40. These busy career-building years are also the most likely reproductive years."

The statistics also work the other way: Success on the family front means achieving less in a career. Mason's study found that women who have babies are nearly 30 percent less likely than women who don't have children to ever get a tenure-track position. Careers have many off-ramps, but comparatively few on-ramps, Hewlett writes, so many women who choose to take time off for children have difficulty finding a place in the working world when they want to return.

This would all be whining, just complaining from women unwilling to pay the price of entering the "man's world" of business – except that men somehow aren't charged the same rates.

The statistics seem to say that men who have children will in fact be *more* successful in the

working world. While nearly half of women earning more than \$100,000 a year are childless, only 19 percent of men are, Hewlett writes. And of men who became fathers within five years of earning a Ph.D., 77 percent earned tenure, Mason's study shows, while among the men who didn't have children, six percent *fewer* earned tenure.

So are we women really no closer to "having it all" than my grandmother was?

There are some bright spots in the findings. Some women are doing better than others: Women entrepreneurs seem to be more able to find success in their careers and to have a family. And other countries – Sweden, for example – have set up policies, such as paid parenting leave and reduced-hour jobs, which have helped women as well as men balance work and family life.

So it is possible. But there's still a long way to go before "working mothers" get on the same footing as "working fathers."

Here's hoping it doesn't take another 90 Mother's Days to get there.

tickled PINK

by Rebecca Petersen

Before last year, the only Pink I owned was followed by the word Floyd.

I had decided that through my studies in feminism and cultural anthropology that I would not fall victim to the social construction of gender impressed upon women and girls through the color pink.

To me, pink was the work of men. They were the same men who inflated the price of feminine products and provided prescription plans for erectile dysfunction and not birth control. Pink was like the Sports Illustrated swimsuit issue and Maxim magazine — the objectification of women somehow high-brow enough not to be of same genre as porn.

Then I found out I was having a baby girl.

As the fetus developed, I vowed never to fall victim to pink. Despite trips to BabyGap, I would not buy her a pink suede jacket that never fell below \$49.97 on clearance. I told everyone to stay away from pink. It wasn't so much that I doubted the accuracy of the ultrasound technician. It was a fear of being engendered.

My efforts to remain pink free were fruitless.

Pink became the norm from people wanting an excuse to buy baby clothes: pink outfits, socks, hats and pink blankets.

One of the only people who obliged my request for a stay on pink was a woman who herself was obsessed with pink. She wore pink shoes, socks, shirts and had pink home décor. Pink roses dotted her living room and on shopping trips, she'd point out every pink taffeta dress and every rose-decorated shoe.



As the mother of twin boys, the desire to dress a baby in pink was too much too handle. She told me she couldn't understand how I wasn't in love with all the girlie clothes and accessories.

I stood firm. I thought, my daughter will not be taught to be subservient by giving into what I considered ridiculous cultural mores.

Then Elsa was born.

God was that pink hat knit by the women of the Mary Greeley Medical Center auxiliary adorable.

Elsa was born with dark skin, the product of slight Hawaiian

heritage on her father's side. The cap just covered her dark hair and highlighted her rosy cheeks.

All of a sudden, that stuff about gender stereotypes and social constructions didn't matter.

She looked beautiful — in pink.

Three months later, Elsa has several pink outfits. She has shoes with pink shoelaces, pink pants with frilly bottoms, pink stuffed animals and pink overalls.

Still, I toe the line.

When one grandmother insisted on a dress for photos, I

compromised with a green sundress. When that friend with two boys pushes pink in my face, I take a second look rather than dismiss her as a woman crazed in cultural stereotypes.

I too have fallen somewhat a victim to pink. Somehow, it doesn't matter as much.

My dream is that Elsa grows up with the same veracity. She can hate pink all she wants. She can love pink. As long as she knows that she's in charge of her own dreams and destiny.

As long as she knows that the only man who can tell her what to do is her father.